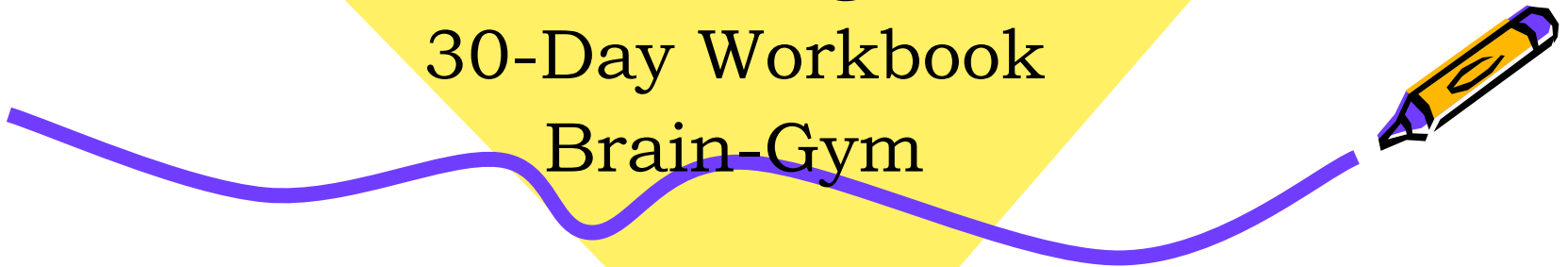




CONCENTRATION IN PRAYER

Certificate Course ONE

25 Strategies
30-Day Workbook
Brain-Gym



Goals

- Importance of The Five Daily Prayer and it's status with Allah (SWT).
- Strategies you can employ to develop and maintain a high level of attention and concentration whilst communicating with Allah (SWT).
- Allah remarks to that individual, who says his Prayer with least attention, alertness of mind and concentration:

O' Liar! Do you want to deceive Me? I swear by My Splendor and Majesty that I will deprive you the pleasure of your invocations and enjoyment of personal communications with Me.

(Hadith al-Qudsi)

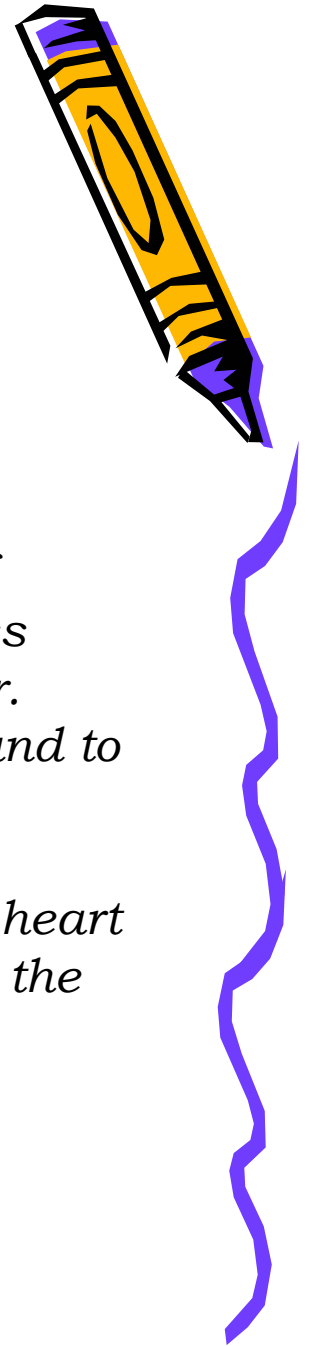


Importance of Prayer

- al-Sadiq (AS) narrates that it is written in the Torah:

“O’ Son of Man, if you EMPTY yourself, i.e. disengage yourself from all other pre-occupations to make yourself available for My worship, I will fill your heart with richness and I will not abandon you to what you seek and long for. And it will be upon Me to close the door of poverty upon you and to fill your heart with awe for Me.

And if you don’t empty yourself for My worship, I will fill your heart with preoccupation with the world. I will not close upon you the door of overtly and will abandon you to what you seek.”

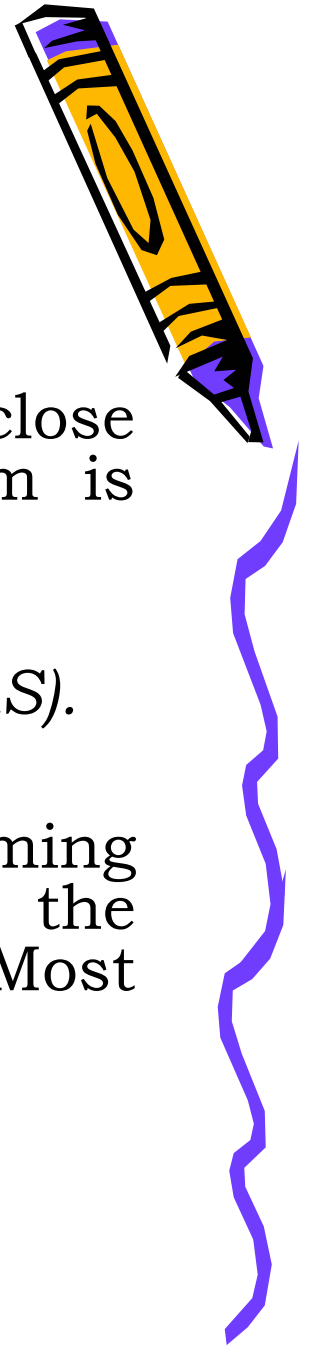


Importance of Prayer

- The best deed that brings human beings close to Allah (SWT) and is also liked by Him is Prayer.

Prayer is the last dying will of all Prophets (AS).

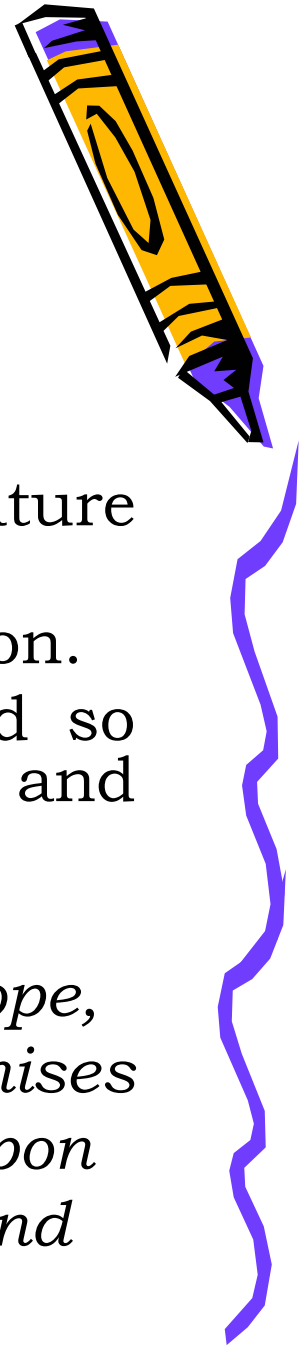
- Prayer and the honor of performing genuflection and prostration given to the worshipper by Allah, The Most High, Most Sublime.



Importance of Prayer

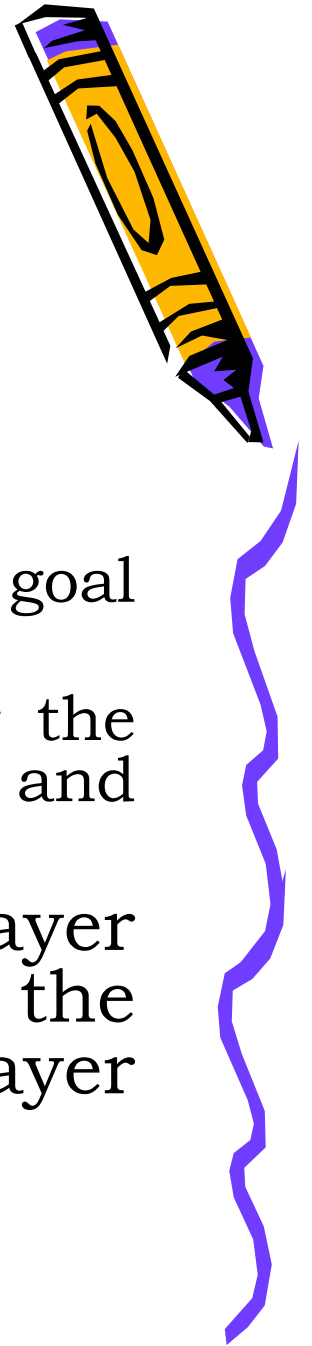
- Prayer is complete ONLY when
 - Offered with full purity and a mature completeness.
 - One is away from temptation and deviation.
 - The worshipper knows Allah (SWT) and so stands before Him, submits to Him and persists.

He thus, stands between despair and hope, between patience and worry, as if the promises to him have been done, and the threats upon him have happened, lowering his fame and manifesting his aim.



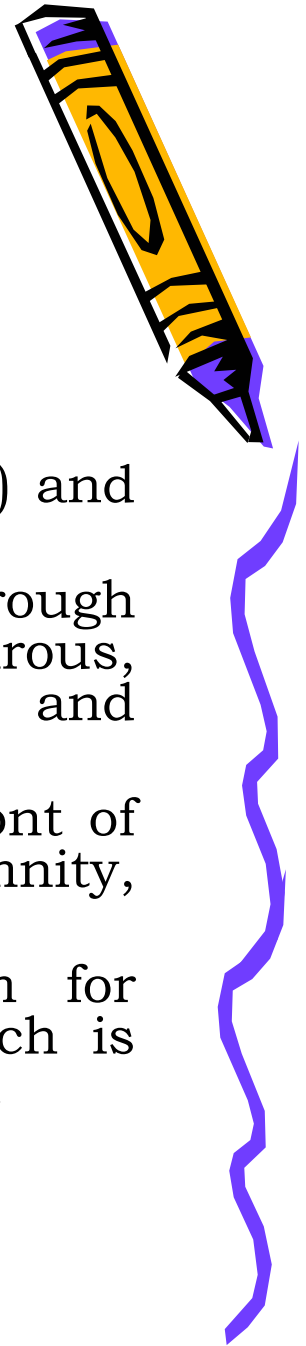
Importance of Prayer

- Prayer is complete ONLY when
 - One sacrifices for Allah (SWT) his soul.
 - One treads upon the road to Him as his goal willingly.
 - One severs the relations of interest for the sake of the One to Whom he bounds and comes, and from Whom he seeks help.
- Should he achieve all these, the Prayer would be of the ordered type and of the informed about, and it is the very Prayer which forbids evil and vice.



Importance of Prayer

- Rights of The Prayer:-
 - You are to know that it is a visit to Allah (SWT) and that in it you are standing before Him.
 - If you realized that, you would deserve to be, through it, in the position of a slave who is humble, desirous, horrified, frightened, hopeful, distressed, and imploring.
 - He is also glorifying the state of The One in front of Whom he stands with complete stillness, solemnity, submission of the limbs, humility.
 - The worshipper is well supplicating to Him for himself, requesting Him to free his neck, which is encircled by his faults and consumed by his sins.
 - And there is no power except by Allah (SWT).



Reality of Prayer

- Saying Prayer on time is a highly recommended act.
- Allah (SWT) reminds us of this obligation:

And when he (the worshipper) knows that it is time of Prayer and he does not pray, he is indeed careless about Me.

(Hadith Al-Qudsi)



Reality of Prayer

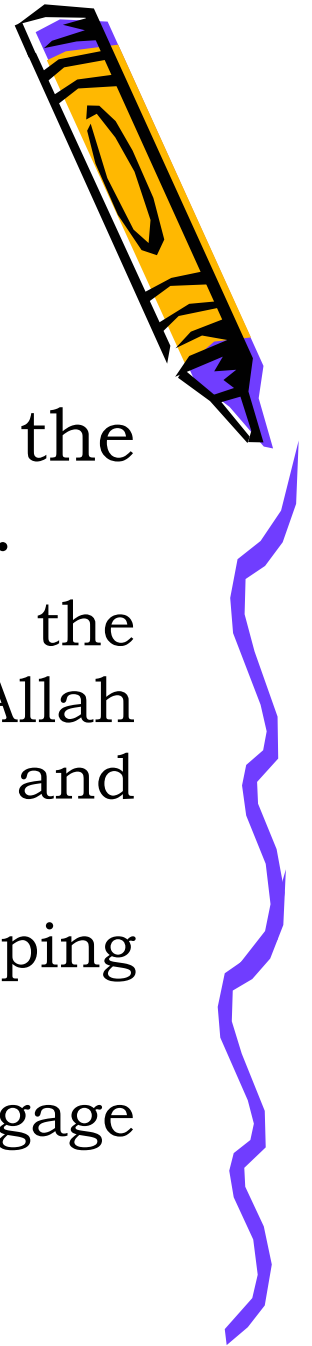
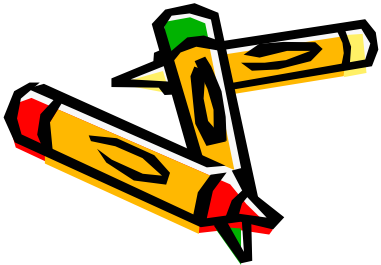
- Performing the obligatory Prayer at the beginning of their times and the merits.
- Performing the obligatory Prayer after their appointed times and the Wrath from Allah.
- The Prayer would shout at the performer:

‘You have lost me, may Allah (SWT) lose you, and may He not care for you as you did not care for me’.



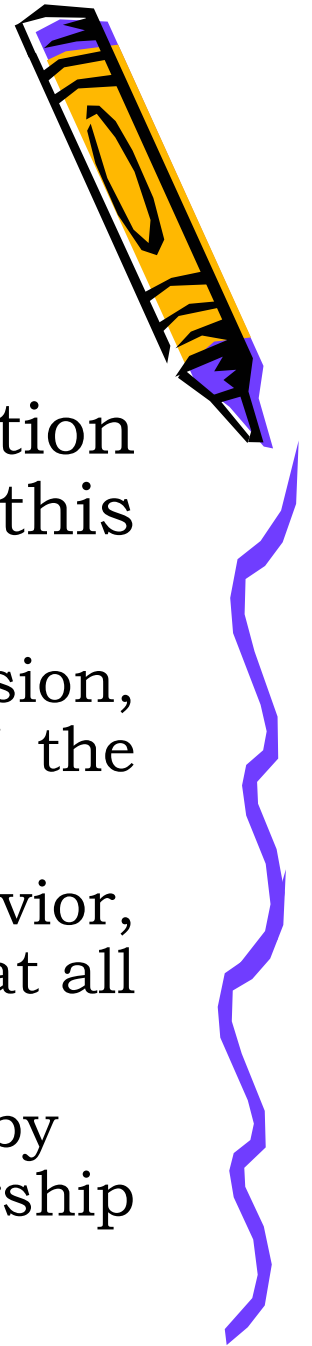
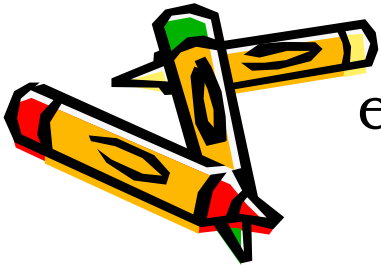
Reality of Prayer

- Properties in Prayer that make the worshipper far better than the angels.
 - The reason for Prayer is that it is the acknowledgment of the Lordship of Allah (SWT) and negating all kinds of partners and plurality for Him.
 - Prayer is for remembering Him and keeping away from arrogance and negligence.
 - Prayer enables a person to constantly engage in remembering Allah (SWT).



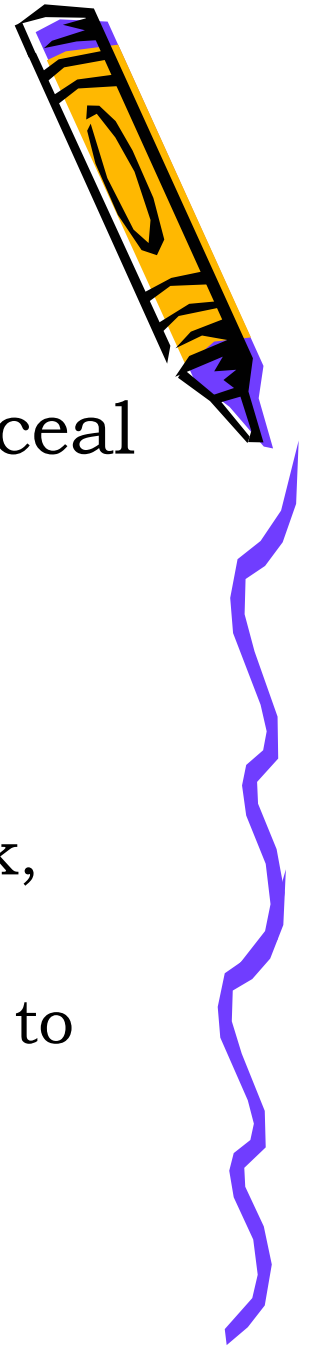
Reality of Prayer

- Ways to become a part of manifestation of the authority of Allah (SWT) on this earth:
 - You must pledge complete submission, bondage and servitude to the Lord of the Worlds.
 - You must manifest all this in your behavior, in general, by remembering Allah (SWT) at all times.
 - You must seek His Will and specifically, by performing the ritual acts of worship e.g. giving alms, fast, etc.



Reality of Prayer

- The practice of Allah (SWT) to conceal important grace to mankind
 - The Night of Power (Qadr),
 - The Greatest Name of Allah (SWT),
 - The Prayer *Al-Wusta* or the Middle one,
 - One particular hour of Friday, every week,
 - Prayer,
 - The displeasure of the Lord is mentioned to be in sinning,
 - Most pious.



Value of Prayer

- The Prophet of Allah (S) used to be waiting for the time of the Prayer, his longing ever increasing, until at last he would say to Bilal (The Prophet's Caller to Prayer):

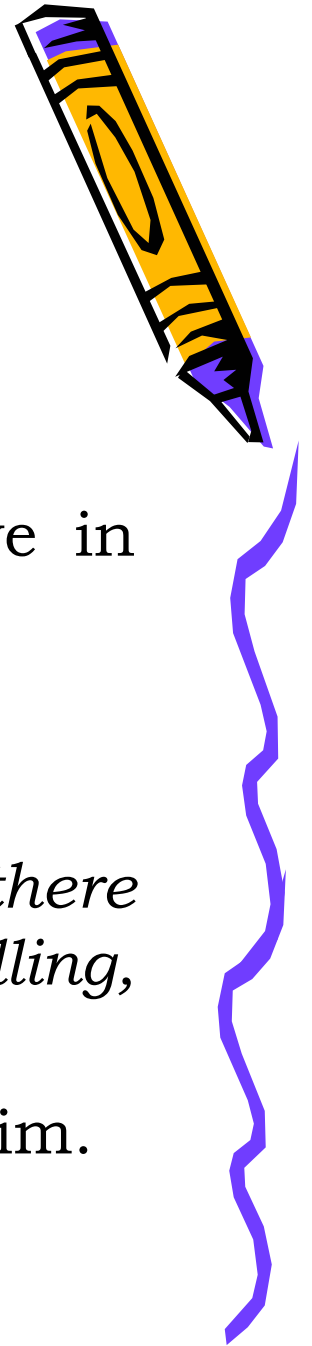
'Relieve us, O' Bilal'.

(Al-Mahajjat Al-Bayda fi Tahdhib Al-Ahya vol. 1, Page 377)



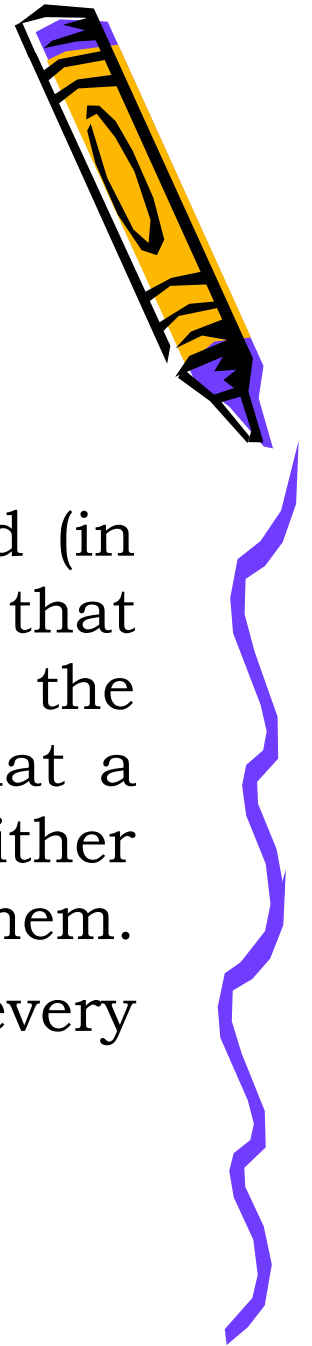
Value of Prayer

- Prophet's advise to Abu Dhar (AR):
 - Allah has made the pleasure of my eye in (daily) Prayer.
 - Earned the right to a House in Paradise.
 - Knocking on the door of the Great King.
 - *'O' Son of Adam (AS), if you knew what there is for you in Prayer and whom you are calling, you would not turn away'.*
 - 70,000 angels descend and pray behind him.



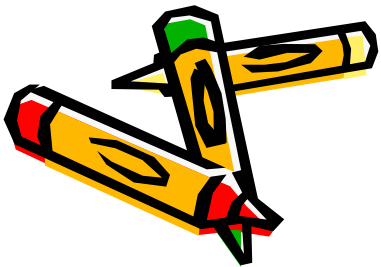
Value of Prayer

- Prophet's advise to Abu Dhar (AR):
 - O' Abu Dhar! No man puts his forehead (in prostration) in any place on earth but that place bears witness of that for him on the Day of Judgment. There is no place that a group of people visit but that it starts either sending salutation on them, or cursing them.
 -‘For waiting for the next Prayer after every Prayer’.



Prayer and The Day of Judgment

- All good deeds depend on Prayer.
- 60 stations over the Bridge on the Day of Judgment.
- The first station in the Bridge involves *Questioning on Prayer* and how you fulfilled this obligation.
- Undoubtedly, the first thing Allah (SWT) will ask on the Day of Judgment is Prayer, and this comes to us from all The Prophets and Imams (AS).



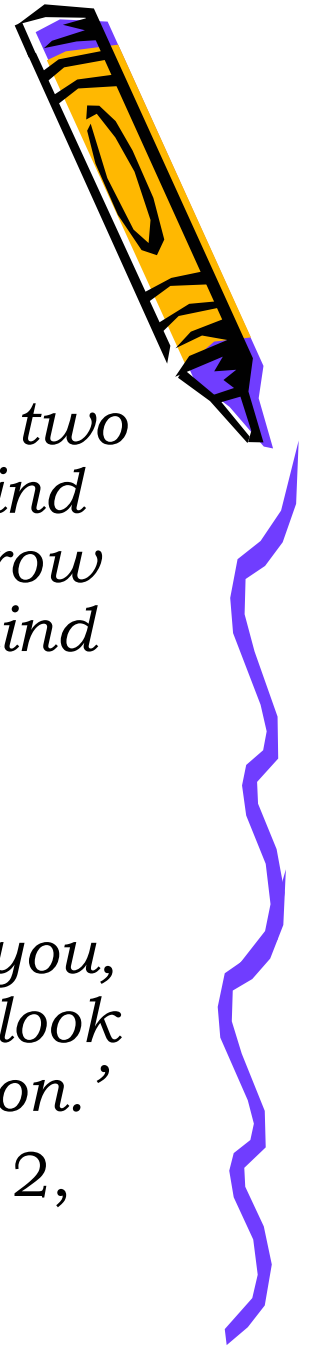
Blessings of Prayer

When you recite the Adhan and the Iqamah, two rows of angels will perform the Prayer behind you; but if you said the Iqamah (only), one row of the angels would perform the Prayer behind you.

(Furu' Al-Kafi, Volume 3, Page. 303)

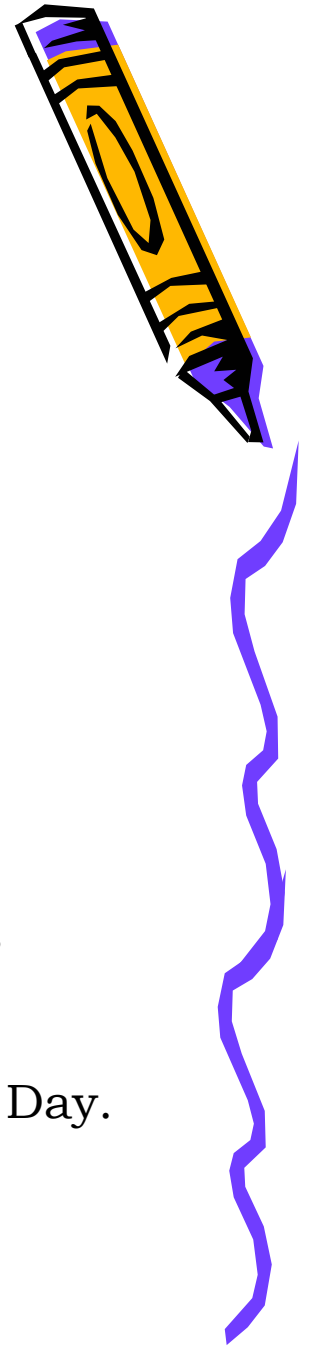
'O' Worshipper! If you know who is looking at you, and to whom you are supplicating, you will look nowhere else, nor will you leave your position.'

(Mustadrak Al-Wasa'il, Chapter 2,
Tradition 22)



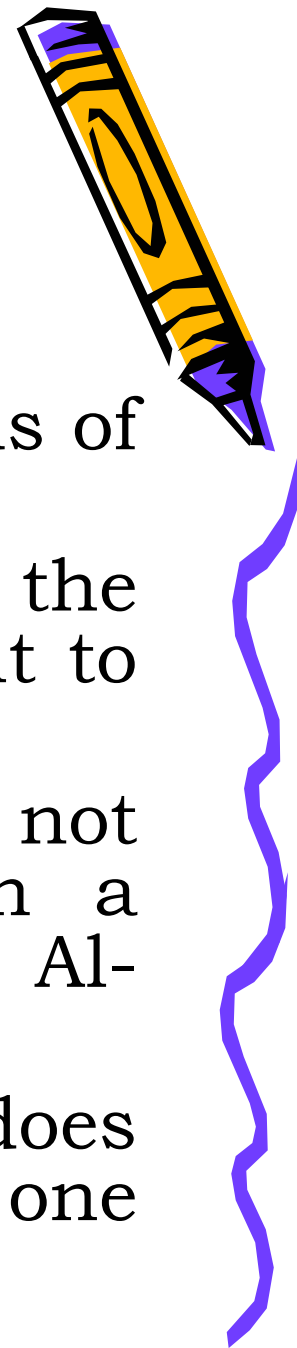
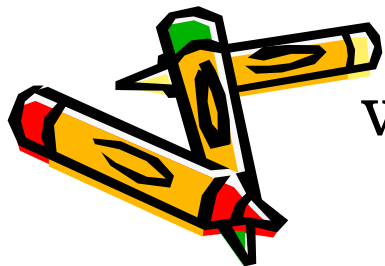
Blessings of Prayer

- Prayer is what angels love,
- Prayer is the practice of The Prophets (AS),
- Prayer is the light of understanding,
- Prayer is what makes faith strong,
- Prayer is what makes actions accepted,
- Prayer increases sustenance,
- Prayer keeps you away from illness,
- Prayer is what Shaytan hates,
- Prayer is a weapon to confront your enemies,
- Prayer is what will assist you with the Angel of Death (AS),
- Prayer is the light in your grave,
- Prayer is an answer to Munkar and Nakeer (AS), and
- Prayer is what will help you in the grave till the Judgment Day.



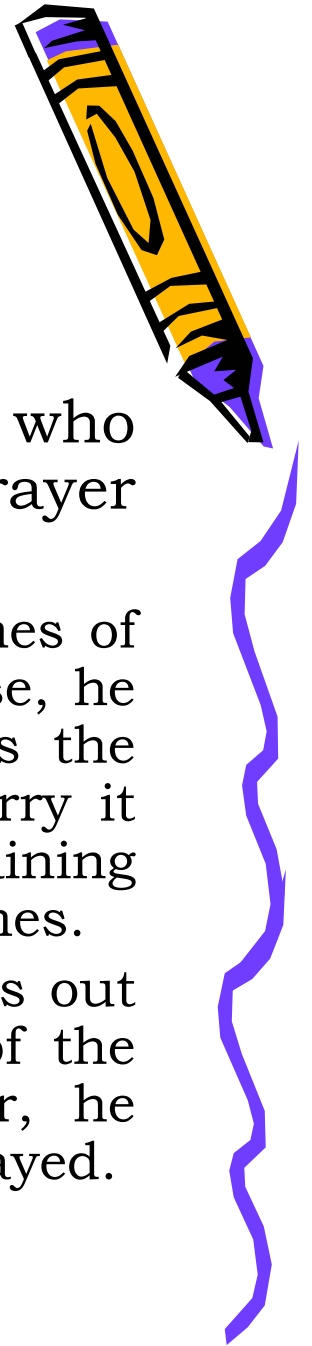
Treating Prayer Lightly

- The time for the Prayer and the status of The Prophet Muhamad (S).
- When one is going to stand before the Owner of The Throne, his color ought to turn pale and his joints to tremble.
- The one who takes Prayer lightly is not of me. No! By Allah (SWT)! Such a person will not reach the Pond of Al-Kawthar.
- One who makes light of his Prayers does not belong to me, nor the one who takes intoxicating drinks.



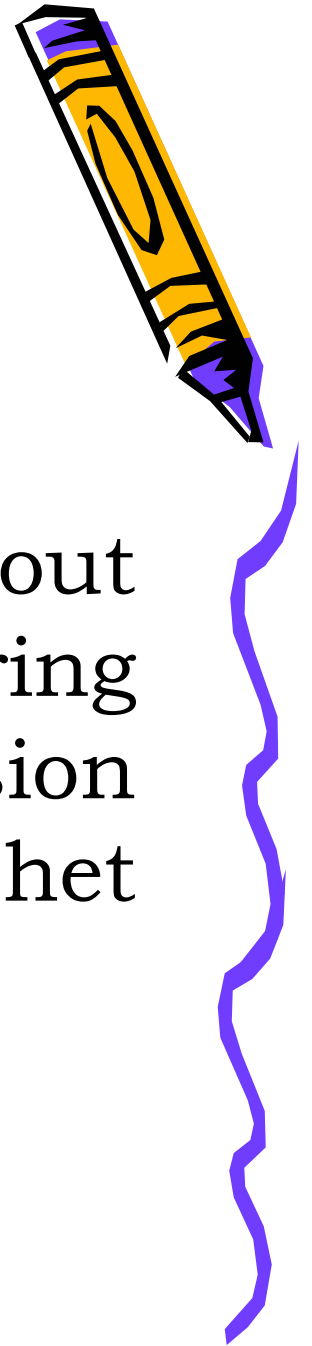
Treating Prayer Lightly

- At Khomeini (RA)'s advice to those people who treat the performance of the Five Daily Prayer lightly and of no concern:
 - A devout person should be observant of the times of his worship under every circumstance. Of course, he should observe the timings of Prayer, which is the most important of the acts of worship, and carry it out in the most meritorious part of its time, refraining from engaging in any other work during those times.
 - But should he, like this author, offer his Prayers out of compulsion and consider the performance of the worship of the Lord as a superfluous matter, he would, of course, delay it as long as it can be delayed.



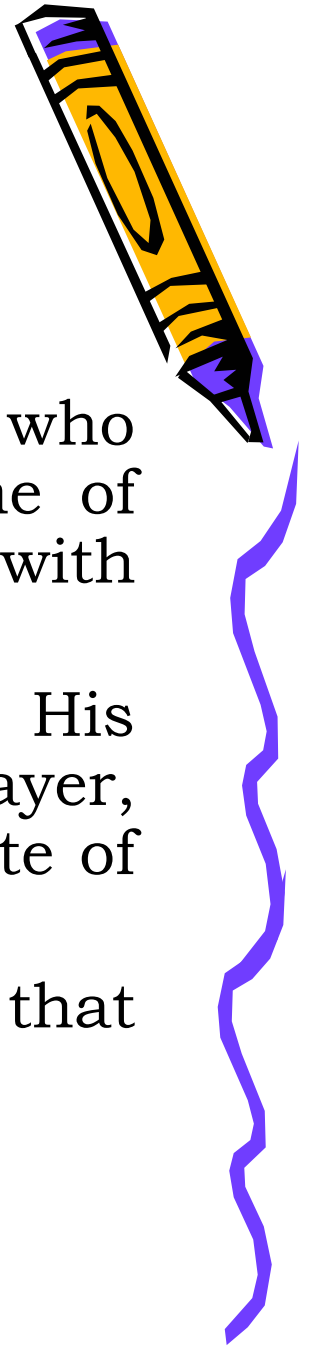
Genesis of The Prescribed Prayer

- Al-Majlisi (RA)'s long narration.
- *Hayaat Al-Quloob* (Part Two), about an incident that took place during Me'raj – The Physical Ascension into The Heavens by The Prophet (S).



Presence of Heart in Prayer

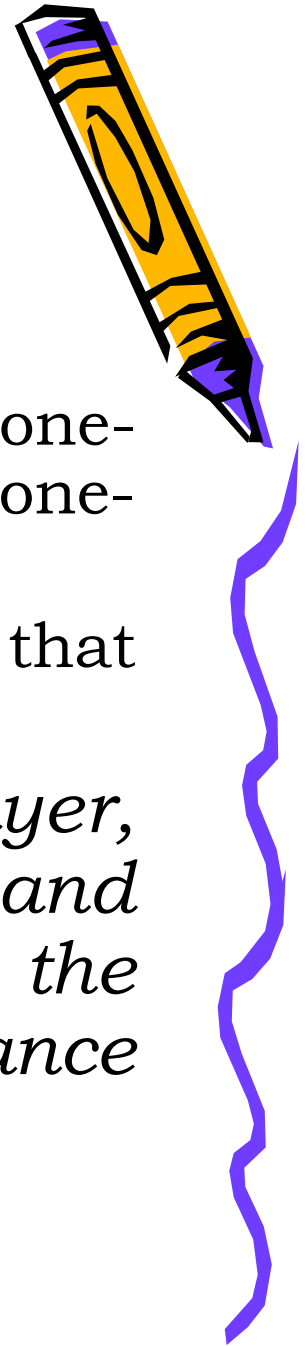
- Dear to me is the believer from among you who attends to God with his heart at the time of Prayer and does not pre-occupy his heart with any mundane matter.
- If the worshipper knew to what extent His (Allah's) Mercy surrounded him during Prayer, he would never raise his head from the state of prostration.
- Prayer - a believer's heavenly journey that protects him from moral indecencies.



Presence of Heart in Prayer

- A Prayer, half of it may be accepted, or one-third, or a quarter, or one-fifth, or even one-tenth.
- Nothing of your Prayer is yours except that which you did with an attentive heart.
- *When a servant stands to offer Prayer, Allah (SWT) pays attention to him and does not shift His attention until the servant deviates from His remembrance for the third time.*

–Heart's presence in prayer.



Memoirs of The God Wary



- Spiritual Ablutions
 - Allah Loves those who turn unto Him constantly and Loves those who continually purify themselves.
 - If you can always be in the state of wudu', than do so; for verily if the Angel of death were to take the soul of a servant of God while the latter is in the state of wudu, martyrdom is written for him.



Wudhu upon wudu is light upon light.



Memoirs of The God Wary

- al-Khumayni regularly renews his Wudhu.
- Al-Khumayni closes the water tap between the acts of Wudhu.
- It is not time for an interview now.
- A youth extremely observant of prayer time.
- What Imam al-Sadiq (AS) actually meant.
- Prayer in times of great difficulty.
- Prayer times are when true believers are deciphered.
- In front of all reporters love of The Beloved gives him no respite.

